

Stronger

Healthier

Happier

SUNDAY MORNING WITH ADRIANNA MARCH 10, 2024



EAT

Italian Pot Roast

This slow cooker pot roast is unbelievably easy. Place a chuck roast in the crockpot, whisk together tomato juice, Au Jus gravy mix, garlic, dried onion, Italian dressing mix, pepper and cayenne. After cooking on low for 6-8 hours, shred and enjoy.

You can also chop up some vegetables and throw it in the crockpot with the meat.

Potatoes, carrots and onions work great and then you will have a complete meal.

It took me 20 minutes to put this together and it did not disappoint. You can never go wrong with comfort food.



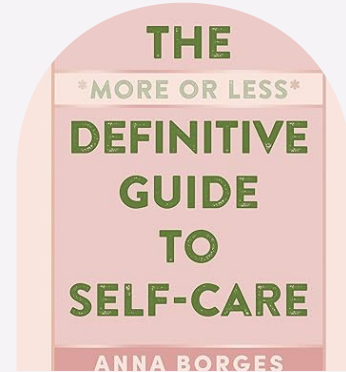
LISTEN

Do It Yourself

If you have any home renovations or like to watch people making changes to their home, this podcast is something that you'll enjoy.

This "do it yourself" podcast hosted by Jenna Phipps follows a young couple who purchased an abandoned home. The episodes go into detail about the renovation of the home, and the surprises that come along with it.

I've been following this couple on social media and it's been interesting to watch their journey, especially with the extra context from the podcast.



READ

The More or Less Definitive Guide to Self-Care

For anyone who's looking to create a little more balance between work and pleasure, this is a great read.

Anne Borges gathers suggestions, tips, activities and stories to help readers incorporate more self-care into their daily lives.

Her A-Z format is accessible for all readers and there's even a chart in the back to recommend specific tips to the reader. When life gets busy, it's important to make time for yourself! This book has been a really great tool to add some self-care back into my life without interrupting my schedule.

ADRIANNA FLYNN, MANAGER ON DUTY